



Introducing X-PERT Health Diabetes Digital

Clinically effective, cost effective and
proven to make a difference



Charity of the Year



After 15 years of delivering our award-winning diabetes group education we have created something truly innovative

A digital platform that meets the needs of both healthcare professionals and people with prediabetes and diabetes



Our digital platform is QISMET certified



All six sessions from our group education on a digital platform



Allowing people to participate at home in their own time



How it meets real needs



Maximising diabetes education access



24/7 support



Mood & sleep tracking



Individual support from health coaches



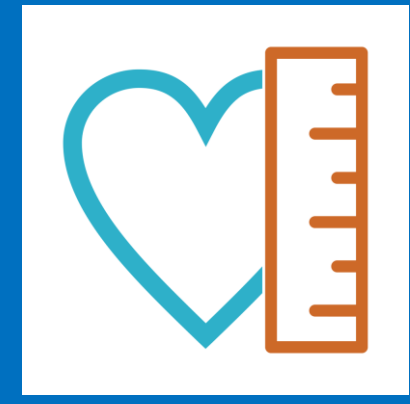
Diet & physical activity tracking



Goal setting & engagement nudging

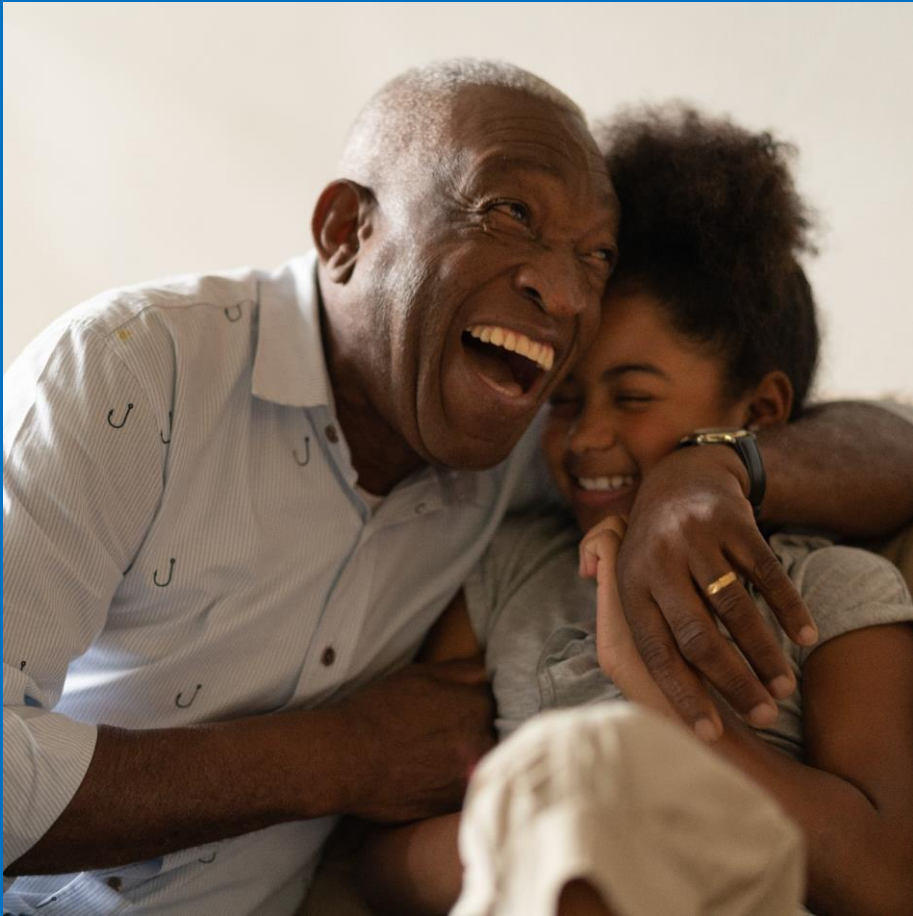


Recipes for different dietary approaches



Health results tracking

Maximising diabetes education access



Our award-winning education delivered digitally through animated videos, games, quizzes and interactive goal setting activities

24/7 support



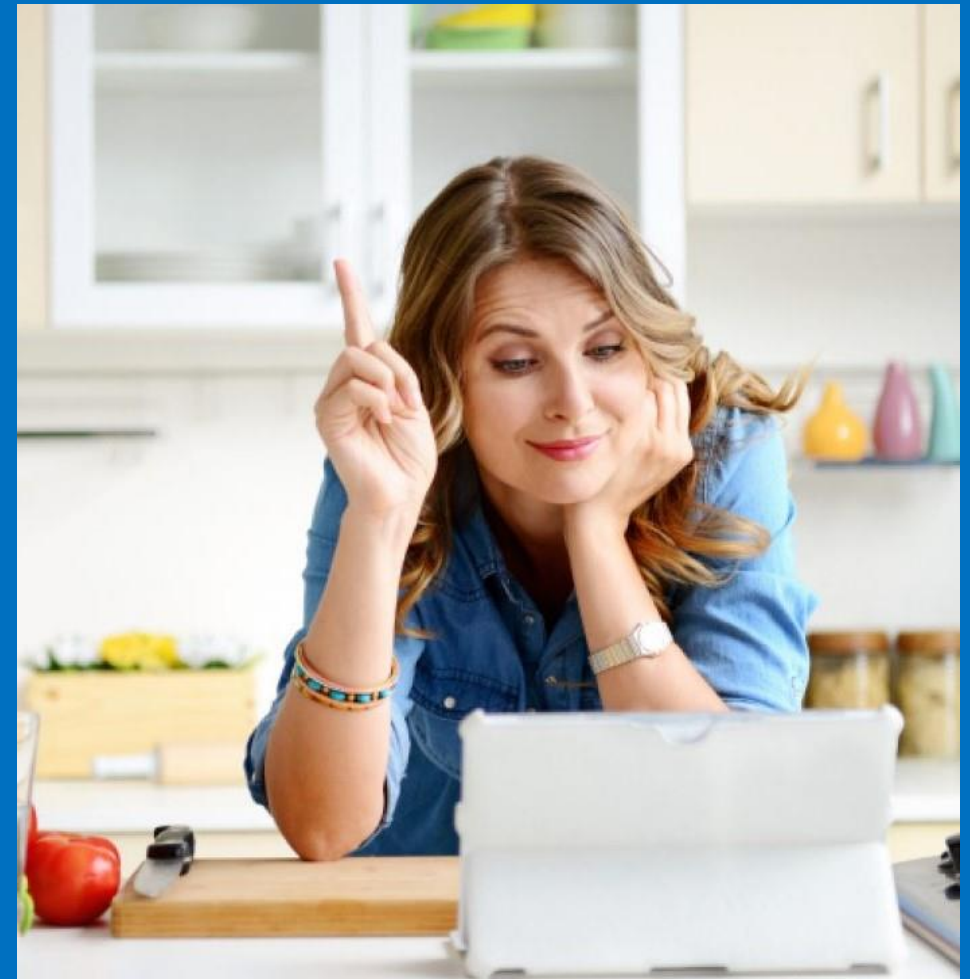
Live chat ability that answers FAQs and then refers onto X-PERT Health staff to answer more specific questions

Mood and sleep tracking



Users can track their mood on a daily basis with a psychological support function through a nudge message and mindfulness through breathing exercises. Users can also manually track their sleep quality

Individual support from health coaches



Every user is assigned a personal health coach who will help support them through the programme and their behaviour change journey

Diet and physical activity tracking



Dietary intake can be tracked and goals set in line with chosen dietary approaches. A range of 'How to' exercise videos and step tracking will help increase physical activity

Goal setting and notifications



Interactive goal setting that links to motivating push notifications. The initial goal is broad and very personalised to the individual. Users can also set weekly goals based on the programme content

Recipes for different dietary approaches



Personalised recipe suggestions based on dietary approach and carb intake that day. Filtering function so users can search for optimum recipe solutions, recipe videos and option for users to upload their own recipes

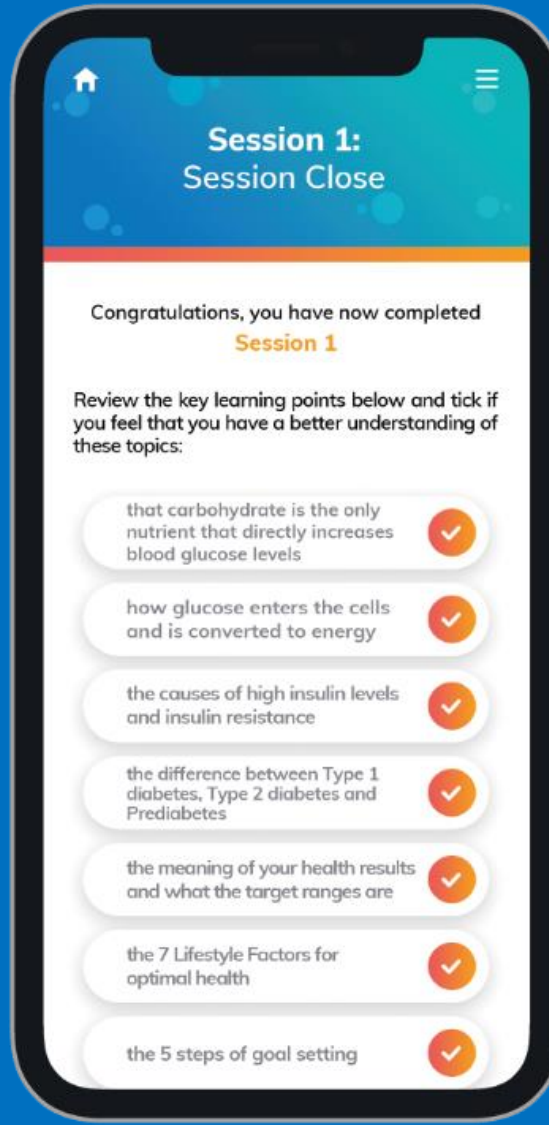
Health results tracking



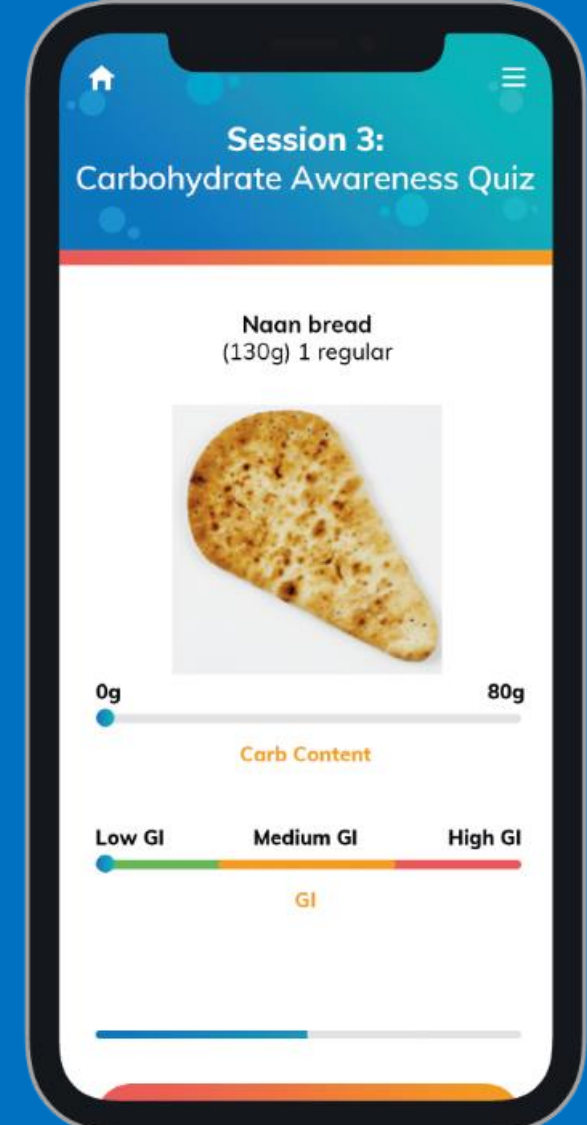
Users can track their progress and have weekly progress reports automatically generated. They can also set result driven goals and monitor progress



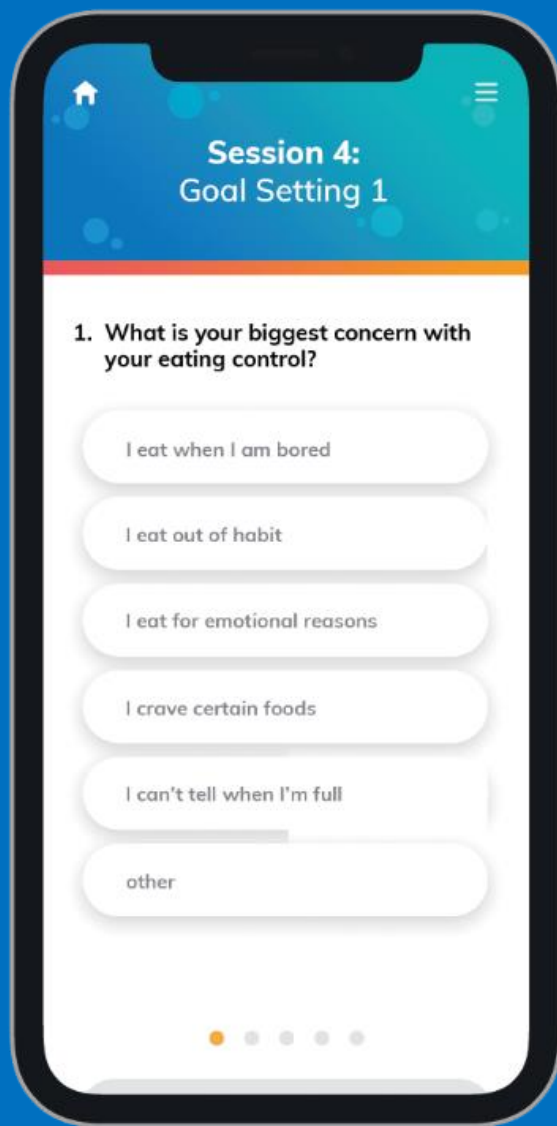
Education is user friendly, extremely visual and engaging. Users can easily navigate through the six sessions



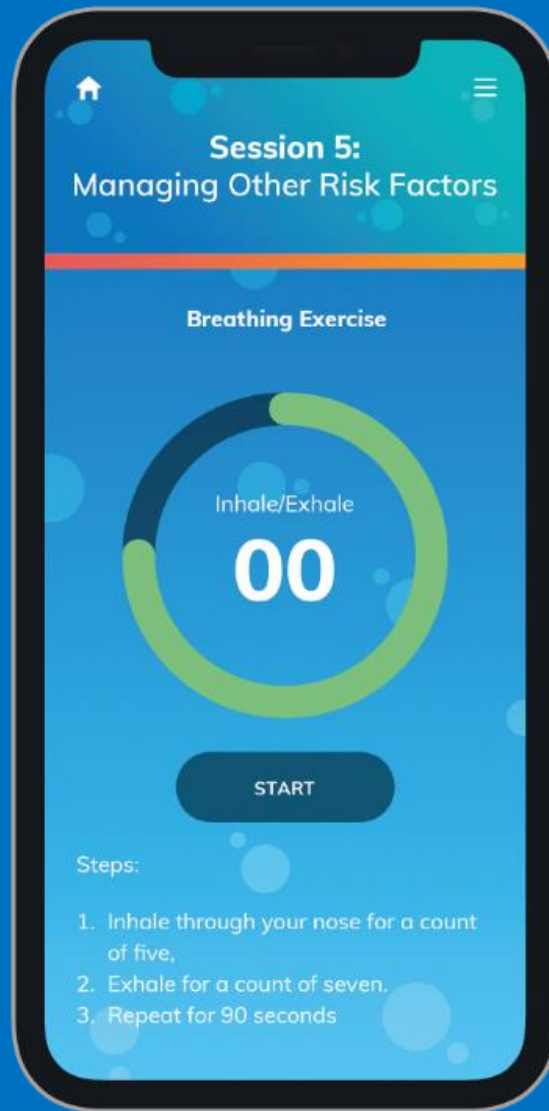
Understanding of content is confirmed by the user by ticking off key learning points for each session



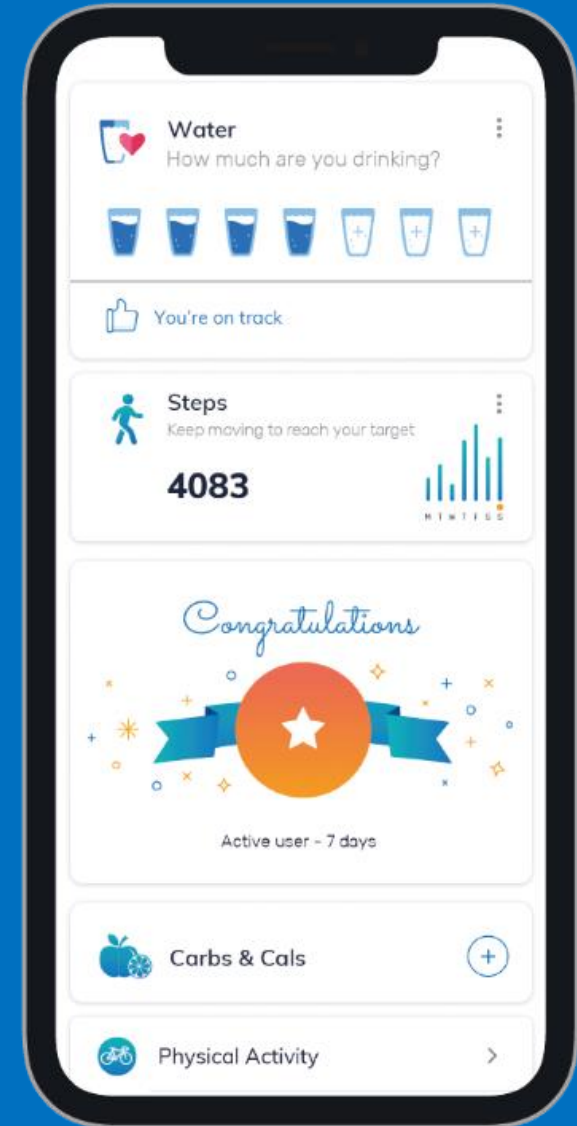
Improving carbohydrate awareness is the key message in Session 3. Users can estimate the carb content of commonly consumed food with immediate feedback



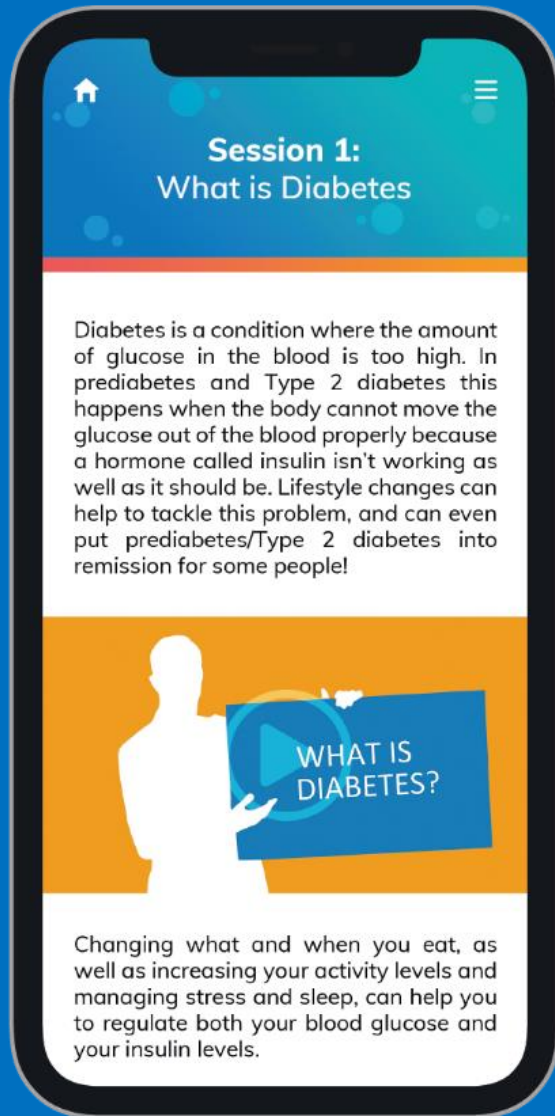
Each session ends with a goal setting activity, based on content covered within that session and is personalised to the user



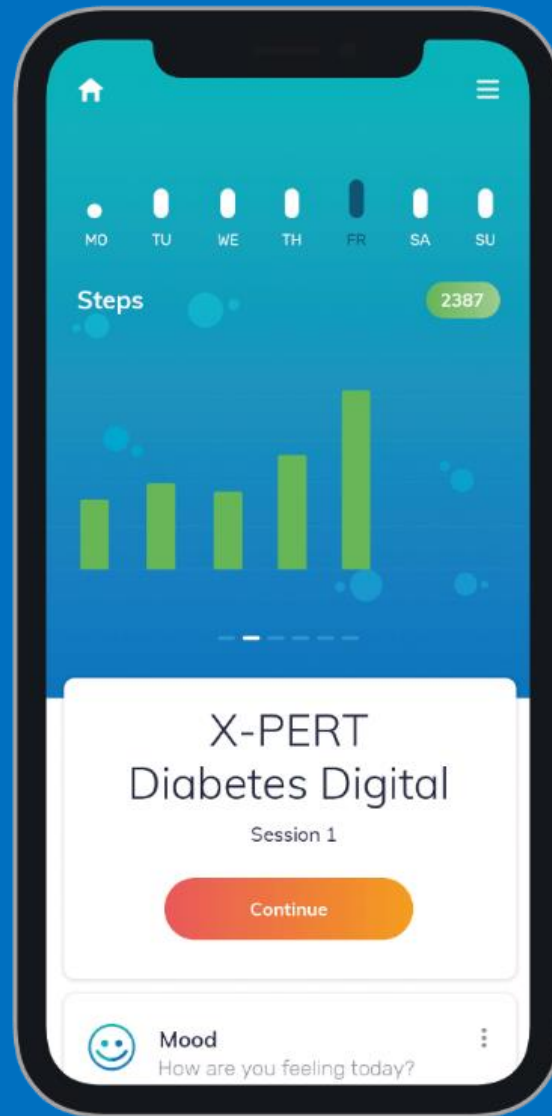
Mindfulness, reducing stress and improving sleep are all key pillars within the programme. Users are encouraged to practice breathing exercises if they feel it will help them achieve their goals



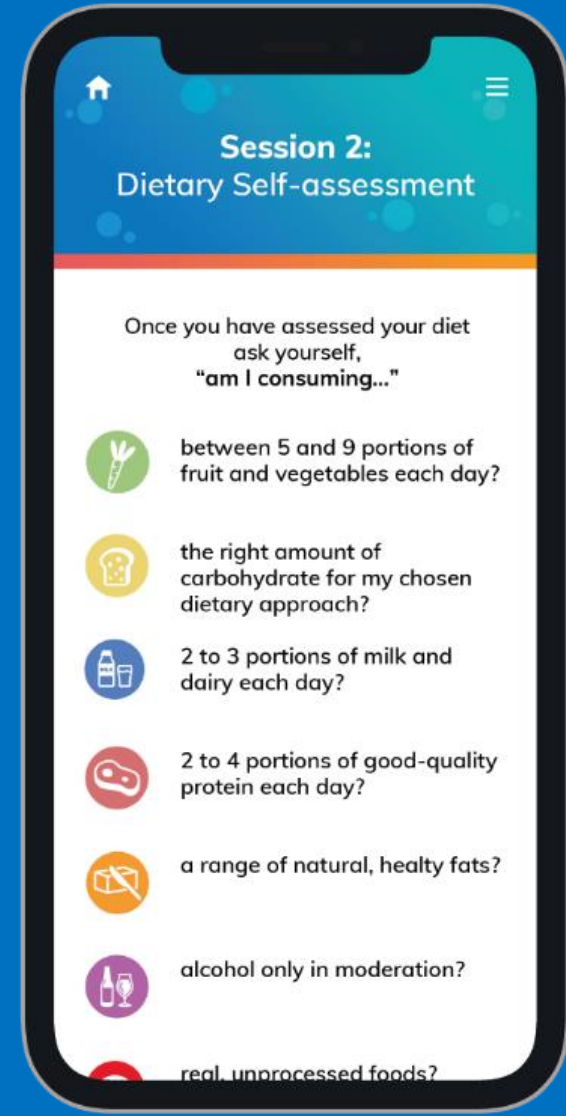
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All traditional group based activities have been digitised into 2/3D animated videos



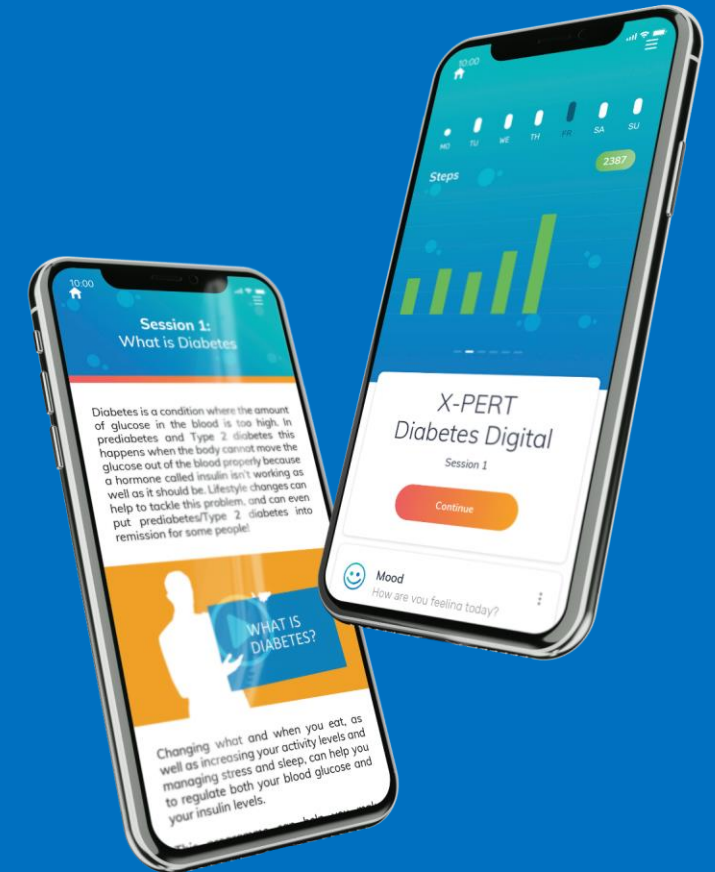
All variables that can be tracked have data collected which is presented back to the user so progress can be monitored over time achieve their goals



Different dietary approaches are discussed throughout the programme, with some messages remaining consistent regardless of the approach

Compelling benefits for Healthcare professionals

- **All consented data is audited.** Commissioners or healthcare teams can run audit reports on the progress of their patients
- **Consistency of messages.** X-PERT offer both group and digital education programmes so all patients receive the same advice
- **Scalable healthcare.** Digital structured education can reach far more patients in a fraction of the time
- **More cost effective healthcare.** No need for room hire, minimal staff time and no physical resources
- **Easy referral.** Either remain on your current platform or discuss options with X-PERT about our primary care integration platform
- **Improved collection of patient outcomes.** Users are encouraged to regularly enter health results and this information can be accessed by the commissioners or healthcare teams
- **Increased structured education take up and completion.** Usage and completion is monitored and reported back so completion of education can be audited



During 2021 we are translating the digital platform into the following languages: Arabic, Bengali, Chinese, Gujarati, Hindi, Nepalese, Persian, Polish, Punjabi, Romanian, Somali, Tamil, Turkish and Urdu

Commissioned Testimonials

'The X-PERT Digital App provides patients with a new way of accessing diabetes education, at a time and place most convenient for them. We have seen a real take up of the app for patients with significant work commitments who cannot commit to the sessions that face to face X-PERT provides.

I am also lead to believe that this method of delivering patient education helps patients who perhaps have not yet come to terms with their diagnosis and who are not ready to admit to their type 2 diabetes in a group setting. It is nice to be able to offer patients a selection of choices for accessing structured education making it more accessible and desirable to as many patients as possible.'

Natasha Collett, Diabetes Education Lead, Bexley Health Neighbourhood Care CIC

Commissioned Testimonials

'Since the Covid 19 pandemic hit in March 2020 the ability to deliver face to face dietetic interventions has been affected enormously. Unfortunately all of these interventions stopped abruptly in March 2020 at the start of the Covid outbreak to aid the reduction in transmission and spread of the virus.

The X-PERT app has enabled us to expand our options of support for diabetes during these unprecedented times. Cardiff and Vale University health board commenced offering the X-PERT app as an option to people referred to the community dietetic department in August 2020.'

Catherine Washbrook, All Wales Dietetic Lead for Diabetes (Adult), Cardiff & Vale UHB

User Comments

"I absolutely benefitted from my coach. It was the best thing the programme can give. I have had regular feedbacks and support from them and highly recommend him."

"I found the App particularly useful in setting and achieving goals"

"I was able to use the recipes on the App to improve my diet"

"I found it very easy to use and it all made perfect sense"

"Getting a copy of the handbook with the App works really well"

"Both the App and my health coach, enabled me to work out my carbohydrate intake and have better control over my sugar level, which meant I did not have to return to hospital"

"Absolutely wonderful consultation with my coach who gave me personalised advice and guidance"

"The Are you an X-PERT game is great fun. You need a bit of light relief in the education"

"I really enjoyed the exercise section. I could put my phone on the chair and listen for the beeps of when to start and stop each exercise"

"I found the videos really impressive. The App is at its best when interactive"

X-PERT Health Diabetes Digital Contact

For more information or to arrange a meeting please make contact with us.

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